

**FITNESS CLASSES – JAN – FEB 2017**

Name \_\_\_\_\_

Address \_\_\_\_\_

Town/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Make check or money order payable to:  
Enfield Senior Center

Date Paid \_\_\_\_\_

☐ Cash ☐ Check Check No. \_\_\_\_\_

For office use only ☐

| Class Name   | Date                | Day   | Time     | No. of Classes     | FEE Resident | FEE Non-Resident |
|--|---------------------|-------|----------|--------------------|--------------|------------------|
| <b>Body 360</b>  | Jan 12 – Feb 23     | Thurs | 1:00 pm  | 7                  | \$21         | \$28             |
| <b>Boxing and More: Exercise with Parkinson's</b> <i>No Monday class Jan 16 or Feb 20</i>          | Jan 9 – Feb 27      | Mon   | 3:30 pm  | 6                  | \$24         | \$30             |
|  | Jan 4 – Feb 22      | Wed   | 3:00 pm  | 8                  | \$32         | \$40             |
| <b>Hand Exercise</b> <i>Free with Registration</i>   | Jan 3 – June 20     | Tues  | 9 am     | Weekly thru Jun 20 | Free         | Free             |
| <b>Jan's Exercise Jan</b><br><i>No class on Jan 16</i>   | 1-day<br>Jan 4 - 30 | M W F | 9 am     | 5                  | \$18         | \$24             |
|  | 2-day<br>Jan 4 - 30 | M W F | 9 am     | 9                  | \$27         | \$36             |
|  | 3-day<br>Jan 4 - 30 | M W F | 9 am     | 11                 | \$30         | \$40             |
| <b>Jan's Exercise Feb</b><br><i>No class on Feb 20</i>   | 1-day<br>Feb 1 - 27 | M W F | 9 am     | 5                  | \$18         | \$24             |
|  | 2-day<br>Feb 1 - 27 | M W F | 9 am     | 9                  | \$27         | \$36             |
|  | 3-day<br>Feb 1 - 27 | M W F | 9 am     | 11                 | \$30         | \$40             |
| <b>Line Dancing</b><br><i>No class on Jan 16 or Feb 20</i>   | Jan 9 – Feb 27      | Mon   | 1 pm     | 6                  | \$18         | \$24             |
| <b>Pilates</b>   | Jan 5 – Feb 23      | Thurs | 4:30 pm  | 8                  | \$32         | \$40             |
| <b>Monday – Simply Stretch &amp; Strengthen with Shelly</b><br><i>No class on Jan 16 or Feb 20</i> | Jan 9 – Feb 27      | Mon   | 10:30 am | 6                  | \$18         | \$24             |
| <b>Tai Chi – Introduction</b>  | Jan 4 – Feb 8       | Wed   | 3:30 pm  | 6                  | \$18         | \$24             |
| <b>Tai Chi – Advanced Beginner</b>   | Jan 10 – Feb 28     | Tues  | 8:45 am  | 8                  | \$40         | \$48             |

See reverse side for more class offerings.

## FITNESS CLASSES, CONTINUED – JAN - FEB 2017

| <b>Class Name</b>  | <b>Date</b>     | <b>Day</b> | <b>Time</b> | <b>No. of<br/>Classes</b> | <b>FEE<br/>Resident</b> | <b>FEE<br/>Non<br/>Resident</b> |
|--|-----------------|------------|-------------|---------------------------|-------------------------|---------------------------------|
| <b>Tai Chi – Intermediate</b>  | Jan 5 – Feb 23  | Thurs      | 8:45 am     | 8                         | \$40                    | \$48                            |
| <b>Wow! Women on Weights</b>   | Jan 4 Feb 22    | Wed        | 5 pm        | 8                         | \$24                    | \$32                            |
|  | Jan 6 – Feb 24  | Fri        | 10:30 am    | 8                         | \$24                    | \$32                            |
| <b>Yoga – Chair and Standing</b>   | Jan 10 – Feb 28 | Tues       | 11 am       | 8                         | \$32                    | \$40                            |
| <b>Yoga – All Levels</b>   | Jan 10 – Feb 28 | Tues       | 9 am        | 8                         | \$32                    | \$40                            |
| <b>Yoga – All Levels</b>   | Jan 10 – Feb 28 | Tues       | 10 am       | 8                         | \$32                    | \$40                            |
| <b>Yoga – All Levels – Evening</b>                                       | Jan 5 – Feb 23  | Thurs      | 6 pm        | 8                         | \$32                    | \$40                            |
| <b>Zumba Gold – Chairs<br/>Wed Mornings</b>                              | Jan 4 – Feb 22  | Wed        | 11:30 am    | 8                         | \$24                    | \$32                            |
| <b>Zumba Gold – Mon Evening</b><br><i>No class on Jan 16 or Feb 20</i>   | Jan 9 – Feb 27  | Mon        | 6:15 pm     | 6                         | \$24                    | \$30                            |
| <b>Zumba Gold – Wed Morning</b>  | Jan 4 – Feb 22  | Wed        | 10:30 am    | 8                         | \$32                    | \$40                            |
| <b>Zumba Gold – Wed Evening</b>  | Feb 1 – Feb 22  | Wed        | 6:15 pm     | 4                         | \$16                    | \$20                            |
| <b>Zumba Gold – Fri Morning</b>  | Jan 6 – Feb 24  | Fri        | 11:45 am    | 8                         | \$32                    | \$40                            |
| <b>Zumba Toning – Mon Evening</b><br><i>No class on Jan 16 or Feb 20</i> | Jan 9 – Feb 27  | Mon        | 7:25 pm     | 6                         | \$18                    | \$24                            |
| <b>Circle Choices &amp; Total</b>  |                 |            |             |                           |                         |                                 |

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